



**BUT WE DIDN'T
HIT HIM!**



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Ordine degli Psicologi della Lombardia



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6



7

TEACHERS GUIDE

READING THE COMIC STRIP IN CLASS COULD AID THE TEACHER IN IDENTIFYING/ PREVENTING INAPPROPRIATE BEHAVIOURS, AS WELL AS TO INTERVENE ON AGGRESSIVE BEHAVIOURS, WHILE FOCUSING ON THE DIFFUSION OF A NON-VIOLENT CONFLICT RESOLUTION CULTURE WITHIN THE SCHOOL ENVIRONMENT.

Activities teachers could implement:

- SUPPORTING STUDENTS SO THAT THEY FEEL LISTENED TO AS WELL AS IN A SAFE ENVIRONMENT WHEN THEY FIND THEMSELVES IN DIFFICULTY. PRECISELY, BY SUPPORTING THEM WITH ADVICE ABOUT HOW THEY COULD BEHAVE AND WHOM THEY MAY CONTACT FOR PROFESSIONAL GUIDANCE.
- RISE YOUTH'S, AS WELL AS THEIR FAMILIES', AWARENESS ABOUT THE TOPICS OF BULLYING AND CYBERBULLY.
- OFFER SUPPORT AND A SAFE LISTENING SPACE BY RELYING ON THE HELP OF EXPERTS.
- PARTICULARLY, IN SITUATIONS WHERE THE MENTAL AND PHYSICAL STATE OF A STUDENT IS CONSIDERED AT RISK. TEACHERS HAVE THE FACULTY TO REPORT SUCH JEOPARDISING EPISODES TO THE APPROPRIATE AUTHORITIES.



TIPS FOR A PSYCHOLOGIST'S INTERVENTION

CREATE A DISCUSSION AROUND THE TOPIC OF BULLYING WITH THE OBJECTIVE TO SPREAD NOTIONS OF RESPECT AND OF ONE'S LAWFUL RIGHTS AMONG THE STUDENTS. INDEED, THIS IS A DELICATE AND SENSITIVE TOPIC TO DISCUSS. THUS, THE SUPPORT OF A PSYCHOLOGIST AMONG A TEAM OF TEACHERS WOULD BE CRUCIAL. FURTHERMORE, RISING AWARENESS ON THIS TOPIC MAY SHED LIGHT ON CRITICAL HAPPENINGS THAT REQUIRE AN INTERVENTION. THE COLLABORATION BETWEEN TEACHERS AND PSYCHOLOGISTS MAY RESULT IN MORE EFFECTIVE OUTCOMES.

Useful activities in which the psychologist

1. FACILITATES STUDENTS' EXPRESSION OF BELIEFS, THOUGHTS AND EMOTIONS REGARDING THE TOPIC OF BULLYING. PROPOSING A VARIETY OF PURPOSEFUL CREATIVE ACTIVITIES (E.G. PHOTOS, SONGS, MUSIC, VIDEO, COLLAGE ETC.) THAT STUDENTS MAY CHOOSE FROM OR SELECT ONE THEY DEEM MORE APPROPRIATE.
2. PROMOTES GROUP ACTIVITIES THAT ALLOW STUDENTS TO REFLECT AND "WALK A MILE IN THE SHOES" OF ALL THE ACTORS INVOLVED IN BULLYING EPISODES, INCLUDING BY-STANDERS WHOM BY NOT REPORTING THE EPISODE ENABLE THE PERPETRATION OF THE PHENOMENON.

HIGHLIGHT THE POTENTIAL OUTCOMES OF THE VARIED PROPOSED ACTIVITIES AS FURTHER STIMULI FOR THE DISCUSSION ON BULLYING SO TO INCLUDE PARENTS/ GUARDIANS AS WELL AS TEACHERS FROM OTHER DEPARTMENTS.

